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‘Obviously we want to know what happened’

Conflicting accounts of Canadian soldier’s death PAGE 4

COOK SKIS TO BRONZE

Ottawa native Dustin Cook speeds down the course on Sunday during the men’s World Cup super-G in Kvitfjell, Norway. Cook finished third at the Olympiabakken course with a time of one minute 37.77 seconds. He was just one-third of a second behind Norway’s Kjetil Jansrud, who won gold. More coverage, page 3. ALESSANDRO TROVATI/THE ASSOCIATED PRESS

Parents divided on body-checking ban

Hockey. Some say allowing the practice from a young age helps players prepare better, but others say it’s too easy to get hurt

JOE LOFARO
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An Ottawa hockey dad thinks minor hockey players should start body-checking as early as the age of eight, arguing that it prepares them for full-contact play when they reach higher levels of the game.

The Greater Toronto Hockey League decided on the weekend to ban body-checking starting with kids aged 12 and 13 but, when Metro hit the local rinks, Ottawa parents seem mixed on the idea of removing hitting from the game.

Tad Bailey said his 13-year-old son plays competitive hockey and the Ottawa dad is OK with body-checking, as it prepares his son for the rough play he will experience in midget and beyond.

He said kids should be taught how to hit and take a check when they are in novice hockey.

“If the kids were taught the fundamentals of hitting at that point, they’d have more years of experience of being able to prepare themselves, brace themselves, hitting properly,” said Bailey.

“If you do it from age eight onwards, I think that they’d all be a bit more respectful of each other.”

Much like the Toronto league, the Ottawa East Minor Hockey Association has been banning body-checking for the past 15 years.

OEMHA vice-president François Bélanger called the ban “a good thing” for house-league players because it lets them develop better stick-handling and skating skills if they don’t have to worry about getting walloped.

“Some kids have amazing hands and they can do a bit more, because you could try to grab the puck if it’s behind you, because it’s a bit safer, you are not going to get a big open-ice hit,” he said.

Todd Raycraft, whose 12-year-old son plays in a house league that also bans body-checking, said kids can easily get hurt if it’s introduced too early.

“Until you get to 18 — everybody’s through the growth spurts, everybody’s done. Then you can incorporate body contact properly, they’re more mature,” he said. “They’re not going out head-hunting.”

Meanwhile in Toronto

The Toronto league voted 326-195 on Saturday to ban body-checking for all players under 18, starting with players in minor Bantam A next year.

- The ban would then extend to bantam and midget A, which includes players up to age 17.

THIS CAREER CHANGES EVERYTHING

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EDMONTON POLICE SERVICE

Ottawa police officers search for evidence on Rideau Street after an early-morning shooting on Sunday. JOE LOFARO/METRO

Three men arrested after Lowertown shooting: Police

Crime. Police dealing with 'conflicting information' say there was one intended male victim, no injuries reported

JOE LOFARO
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Ottawa police arrested three men on foot, after a shooting in Lowertown early Sunday morning.

The shooting happened near the intersection of Rideau Street and King Edward Avenue at around 5:30 a.m.

Duty Insp. Mark Patterson of the guns and gangs unit said the three men arrested are all known to police, but he did not say if the incident is gang-related.

Two men were arrested on nearby Nelson Street, while the third was caught on King Edward Avenue.

Patrol officers in the area at the time heard at least one gunshot, according to Patterson.

Police say there was one intended male victim, but no injuries were reported. Police are speaking with witnesses and trying to verify their accounts of the incident, said Patterson.

"We have conflicting information being provided, that's why we have our Guns and Gangs (Unit). They're liaising with our central district investigators as well as west district investigators to determine how the occurrence actually transpired," he said.

Police armed with metal detectors were combing through snowbanks and garbage bins in the area, looking for any evidence.

Separate stabbing incident

West district investigators assisted in the investigation because police thought a separate stabbing incident might have been related, but Patterson said that now appears not to be the case. The shooting and stabbing are being investigated separately.

Manotick. Home consumed by fire Sunday morning

No injuries were suffered after a three-alarm fire destroyed a Manotick home early Sunday.

Ottawa Fire Services responded to a call around 12:20 a.m. alerting to smoke coming from a two-storey home in a residential neighbourhood.

Firefighters completed a room-to-room check of the home before 3 a.m. and have since confirmed family members weren't in the residence at the time the fire broke out.

"All occupants have been accounted for," the fire department said in a release. "Victim Services (is) not required."

While an investigation is ongoing, fire department officials said they believe the fire began in the home's basement and added that the primary search of the home has been completed.

Survivors

"All occupants have been accounted for."
Ottawa Fire Services

"The basement has not been searched," fire services said.

Officials estimate damages to be around $400,000 for the house and an additional $150,000 for its contents.

Officials expect the investigation to wrap up within the coming days.

Roads in the area of 5224 Limebank Rd. were reopened as of Sunday morning. METRO

Snowmobile deaths reach seven-year high in Quebec

Quebec has seen its highest number of snowmobile-related fatalities in seven years, law enforcement announced just a week after Ottawa Mayor Jim Watson shattered his pelvis while snowmobiling on Ottawa's trails.

Three individuals died Saturday in unrelated accidents in Quebec, bringing the total number of snowmobile-related deaths there to 26 in 2015 alone. Sgt. Claude Denis of the Sûreté du Québec said inexperience and alcohol were contributing factors in the majority of snowmobile accidents.

Watson was injured while learning how to snowmobile with colleagues at the Osgoode Carleton Snowmobile Club, just outside the downtown core.

People ride a snowmobile in this file photo. METRO FILE

While both Watson and the Club have emphasized his accident was a "slow-moving" one that wasn't the result of any breached safety protocol, one snowmobile expert says he isn't surprised by a rise in the number of accidents.

Doug Antler, president of the Missing Link Snowmobile Club in Deux Rivieres in Ontario, points to a sharp rise in the number of snowmobilers out of the trails as a major factor.

"For several years there we weren't getting real winters," Antler said Sunday. "Now we're getting winters again and we're seeing people get back into it."

In the meantime, Antler says snowmobiles themselves have changed significantly.

"Ten years ago a snowmobile went, say, 60 miles per hour," Antler explained. "Today they go 160 miles per hour."
METRO

Local skier captures World Cup super-G bronze medal

Dustin Cook. It was the first career medal at that level of competition for the 25-year-old

Canada's Dustin Cook wanted to show that his silver medal at the world championship was no fluke.

On Sunday, he showed he can reach the World Cup podium too.

Cook finished third in the super-G at the Olympiabakken course in Norway with a time of one minute 37.77 seconds. He was just one-third of a second behind Norway's Kjetil Jansrud, who won gold in 1:37.44.

It was the first career World Cup medal for the 25-year-old Ottawa native.

"It's really nice to confirm what happened at world champs, that I'm not a one-hit wonder," Cook said with a chuckle. "Not that I thought I was. But I'm just super happy."

Austria's Vincent Kriechmayr won the silver in 1:37.68.

Cook pulled off a surprising second-place finish at the world alpine ski championship last month in Beaver Creek, Colo. He has emerged as a consistent force on the national team this season with five top-20 finishes on the World Cup circuit.

His performance came a day after Manuel Osborne-Paradis of North Vancouver won silver in the downhill.

With one super-G remaining this season, Jansrud has an unassailable 123-point lead over Italy's Dominik Paris in the season standings. Paris was 0.48 off the pace in fourth Sunday.

Austria's super-G world champion Hannes Reichelt, who won the downhill on Saturday, and Olympic downhill champion Matthias Mayer both crashed out to end their slim hopes of catching Jansrud. Altogether 21 skiers didn't finish as unseasonably warm sunshine caused unpredictable soft snow.

THE CANADIAN PRESS

Norway's Kjetil Jansrud, centre, winner of the men's World Cup super-G celebrates on the podium in Kvitfjell, Norway, on Sunday with Austria's Vincent Kriechmayr, left, who came in second place and Ottawa's Dustin Cook, who placed third. ALESSANDRO TROVATI/THE CANADIAN PRESS

Ottawa, NCC finally agree on western light rail route

It took 100 days, but the City of Ottawa and the National Capital Commission have finally agreed on the western light rail transit route.

The railway will be completely buried underneath the Sir John A. Macdonald Parkway — rather than the "cut-and-cover" partially buried option the city previously proposed.

This route will cost $980 million, rather than the previous $1.1 billion estimates.

Both city and NCC officials called it a "breakthrough" agreement that works for both parties.

"With the 100-day clock ticking, there was some concern out there that we could not find common ground," said deputy mayor Mark Taylor, the stand-in for Mayor Jim Watson, who's recovering from a pelvic injury.

National Capital Commission CEO Mark Kristmanson, right, shakes hands with Ottawa city manager Kent Kirkpatrick alongside other officials, after signing an agreement on the western light rail transit route on March 6.
LUCY SCHOLEY/METRO

While there have been challenges finding common ground for this part of the route, "not finding a solution was simply not an option," he said.

The city and the NCC had previously reached an impasse on the controversial western LRT route. The NCC scrapped the city's partially buried option in favour of unimpeded access to the waterfront. However, city officials were worried about high tunneling costs.

During the 100-day negotiation process, a working group found "significant" cost savings, said city manager Kent Kirkpatrick.

The new plan aligns the train directly under the roadbed, which means the city does not need to dig deep enough to replant the area. That results in a savings of "tens of millions of dollars," said Kirkpatrick.

The roadbeds will also be realigned to create "38 per cent more green space" between the road and the water.

NCC CEO Mark Kristmanson said construction will take about three years, but it's still too early to determine whether the parkway will be closed the entire time.

This western route is part of phase two of the LRT, which will bring in an additional 30 kilometres of new rail and 19 stations. There will be a public consultation on the western LRT route March 30.

LUCY SCHOLEY/METRO

Shopping. Hundreds gather at Nordstrom grand opening in Ottawa

Nordstrom feels like the type of store shopaholics would make a trip to Toronto for — but it's here in Ottawa.

Hundreds gathered at the Rideau Centre on Friday, some as early as 7:30 a.m., for the country's second Nordstrom opening.

"It's so 'not Ottawa', but in a good way," said Andrea Ness, who was trying on a designer hat and a pair of sunglasses. "You feel like you're kind of like a tourist in your own town here. I would normally go to Toronto to see something like this."

Leading up to the 9:30 a.m. door opening was a "beauty bash" — with hundreds seating themselves for make-up demos and coffee.

Natalie Ast and Martina Sagermann, stopped in before their law classes at the University of Ottawa.

"I love fashion. I'm a fashion blogger and it's an exciting new addition," said Ast.

According to Nordstrom estimates, about 1,500 people poured in through the front doors that morning.

Alita Song tests out lipstick during the grand opening of Nordstrom.
LUCY SCHOLEY/METRO

Erik Nordstrom, president of Nordstrom Direct and the great-grandson of the original founder, said the U.S. chain opens one store at a time, depending on available space.

"Every store is different. Every market is different and this store needs to be about Ottawa. It's not a Canada store. It's Ottawa's store," he said.

Calgary is the only other Canadian city with a Nordstrom. The third will open in Vancouver in September. Three Nordstrom locations will open in Toronto in the fall of 2016.

LUCY SCHOLEY/METRO

Attacks

Ambassador says gunmen linked by terror movement

The gunmen who launched attacks in Ottawa, Paris and Copenhagen are all linked to the broader Islamist terrorist movement in Iraq and Syria, says Nicolas Chapuis, French ambassador to Canada. "The so-called lone wolves that we have witnessed in Ottawa, Paris, Copenhagen are all united by this ideology of destruction," he said in an interview. THE CANADIAN PRESS

Halifax

New court date for pair in alleged mass murder plot

The case of two people accused of plotting to open fire on shoppers in a Halifax mall will return to court on April 10 to set a date for a preliminary hearing.

Lindsay Kanittha Souvannarath, 23, of Geneva, Ill., and Randall Steven Shepherd, 20, of Halifax were charged with conspiracy to commit murder. The new date was set Friday.

THE CANADIAN PRESS

Fahmy to advocate for free press after ordeal

Canadian acting bureau chief of Al Jazeera English, Mohamed Fahmy, left, leaves a court with his fiancée Marwa Omara after a hearing in his retrial Sunday in Cairo, Egypt. The retrial of Fahmy and another Al Jazeera English journalist, Baher Mohammed, who face terror-related charges in Egypt, has been postponed until March 19. The Canadian journalist says he wants to make every moment of his time count. To that end, Fahmy is launching an organization that will advocate for imprisoned members of the press. The 40-year-old was recently released on bail after more than a year in a Cairo prison. The motivation for the Fahmy Foundation for Free Press came from his own experience behind bars.

PHOTO: THE ASSOCIATED PRESS
TEXT: THE CANADIAN PRESS

CN train. Derailment spurs concerns over oil transport

Another train derailment in northern Ontario has added new fuel to the ongoing debate over whether rail is a safe way of transporting crude oil.

First Nations and environmentalists are among those expressing alarm over Saturday's derailment of a CN Rail train that causing numerous tank cars carrying crude oil to catch fire and spill into a local river system.

CN said Sunday there were 94 cars on the train, all carrying Alberta crude to Eastern Canada when approximately 30 of them derailed near Gogama, Ont, about 80 km south of Timmins.

Some of the cars caught fire and some crude entered the Mattagami River System.

Chief Walter Naveau of the Mattagami First Nation says his community does not feel safe after the third CN derailment in northern Ontario in less than a month. There are concerns over the effects of smoke inhalation and environmental damage, he said.

CN said residents will likely see smoke rising from the derailment site but that this poses no threat to people or the environment.

CN also said it's taken measures to contain any spilled oil and will work to stop it from spreading into the local river system. THE CANADIAN PRESS

Quoted

"People in the community were feeling the affects of the toxins in the air — respiratory problems, they could feel it in their chests and their breathing."

Chief Walter Naveau of the Mattagami First Nation

Jobs. Tory MP apologizes after 'offensive' remarks

A Conservative MP has apologized for using "offensive and inappropriate language" related to Canada's temporary foreign workers program.

Media outlet iPolitics is reporting that New Brunswick MP John Williamson told delegates at a conference in Ottawa that it makes no sense to pay "whities" to stay home while companies bring in "brown people" as temporary foreign workers.

Williamson posted a series of tweets Saturday to apologize for language he used in reference to the controversial federal program, but he did not elaborate on what he said.

"Today I used offensive and inappropriate language regarding the Temporary Foreign Workers Program," he wrote on Twitter. "For this I apologize unreservedly."

Williamson, a former communications director for Prime Minister Stephen Harper, also wrote he believes different parts of the country have different labour needs.

He said employers in his riding should try to fill job openings by giving Canadian workers priority.

IPolitics reports that Williamson made the remarks in response to a question at a conservative policy conference about the shortage of workers in meat packing and processing plants. The report says Williamson responded by saying he realized labour shortages have been a bigger problem in Western Canada than his own region. THE CANADIAN PRESS

Canadian soldier's death prompts conflicting stories

Sgt. Andrew Joseph Doiron. Kurdish officials say soldier was on the front lines, but a military official disputes these claims

Canadian and Kurdish officials on Sunday offered conflicting accounts of the death of a Canadian soldier in a friendly-fire incident in Iraq, with the Kurds saying he was on the front lines directing airstrikes and the Canadians saying he was not there to direct airstrikes that night and was well behind the front line when shot.

The death of Sgt. Andrew Joseph Doiron on Friday marked Canada's first casualty as part of the U.S.-led coalition's war on the extremist Islamic State of Iraq and the Levant (ISIL). Three other Canadian soldiers were injured in the incident.

Kurdish officials said Sunday that Doiron was killed after he and other Canadian soldiers showed up to the front line unannounced to call in airstrikes.

"They went to the front line to direct airstrikes because the area was attacked by ISIS the day before," Hezhar Ismail, director of co-ordination and relations for Kurdish peshmerga forces, told The Associated Press, using an alterante acronym for ISIL. Peshmerga spokesman Halgurd Hekmat said a group of Canadian soldiers showed up unannounced Friday to the village of Bashiq in Iraq's Nineveh province near the militant-held city of Mosul. The area had seen heavy fighting against ISIL militants the previous day.

"When they returned, the peshmerga asked them to identify themselves," Hekmat said. "They answered in Arabic, that's when peshmerga started shooting. It was their fault." Hekmat said he doesn't know why the Canadians were there.

But Canadian Defence Minister Jason Kenney and a senior Canadian military official said the soldiers had returned to an observation post at least 200 metres behind the front line.

The senior military official, who spoke on condition of anonymity because they were not authorized to speak publicly, said the Canadian soldiers were at the same observation post earlier in the day and co-ordinated with the Kurdish soldiers on how they would return that evening and what signals they would give. The official said the soldiers successfully passed through two Kurdish positions before reaching the third post, where they were fired upon.

"They got lit up by one guy for reasons that are unknown to us," the official said. The official also said the Canadian soldiers were not at the front line to direct airstrikes that night. When asked if they were scouting potential airstrike targets, he declined to say.

The three injured soldiers were in stable condition. Two remained in Irbil, and the third was flown to Germany for treatment. The official said Doiron's body won't be flown back to Canada until Tuesday at the earliest. THE ASSOCIATED PRESS

Quoted

"It's a regrettable case of mistaken identity. Obviously we want to know what happened."

Defence Minister Jason Kenney

Iraq mission

Analysts say support may still be strong

The death of a Canadian soldier in Iraq will test the public's appetite for the mission, but support for the campaign is likely stronger than ever following last fall's attacks on home soil, defence analysts said Sunday.

Sgt. Andrew Joseph Doiron was killed Friday and three other Canadian special forces troops were wounded by friendly fire from Kurdish peshmerga fighters.

Defence expert Stephen Saideman said Canadians are probably more willing to tolerate casualties in Iraq following the deadly attack in Ottawa last October by a gunman who Canada's military interventions in the Middle East.

The public may also be more willing to send Canadian troops to dangerous areas because the Iraq mission has had success limiting the advance of ISIL, said Saideman.

Defence expert Roland Paris said the impact of this incident on public opinion will only be known once more details emerge. But Paris said while Canadians were divided over the Afghanistan mission, support for that campaign didn't collapse when casualties mounted. THE CANADIAN PRESS

Manitoba's premier beats back leadership challenge — barely

NDP. Premier Greg Selinger led the party to its fourth straight majority in 2011, but he's been flagging in the polls ever since

Manitoba Premier Greg Selinger will lead his divided NDP into next year's election after barely winning the support of party delegates in a hard-fought leadership race.

Selinger beat former health minister Theresa Oswald by 33 votes on the second ballot of a leadership campaign on Sunday that was prompted by an internal revolt within the governing NDP. Selinger took just over 51 per cent of the vote with 759 ballots, while Oswald — who resigned from cabinet after calling for Selinger to step down — won 49 per cent.

"I know it started out rough, but I think we've come out of this stronger,'' Selinger told reporters. "Sure, there have been bumps and grinds along the way and there are lots of specific issues that people were unhappy about but, at the end of the day, you saw a good atmosphere in the room. I think that bodes well for the future.''

Selinger was forced into the leadership race after Oswald and four other senior cabinet ministers called on him to resign last October, as the party slumped in opinion polls.

Former infrastructure minister Steve Ashton, who ran against Selinger for the leadership in 2009, was dropped from the race after finishing last on the first ballot. He did not endorse either candidate, leaving supporters to "use their best judgment.''

Selinger has faced public anger since raising the provincial sales tax to eight per cent from seven in 2013 after promising not to during the last election. THE CANADIAN PRESS

Manitoba Premier Greg Selinger and his son Pascal celebrate his win at the NDP leadership convention in Winnipeg, Sunday. JOHN WOODS/THE CANADIAN PRESS

Facebook's 'like' button: What politicians want

Garnering 'likes' on social media: One step in a long march toward targeted engagement with Canadian voters. GETTY IMAGES

One after another, delegates at a conservative political conference in Ottawa this weekend pulled a lever on a machine press to create small political lapel buttons in support of their cause of choice.

Then they ventured over to another room to learn how to leverage what is potentially the biggest button for the upcoming federal election: the like button on Facebook.

But what they're learning is that it's not just about getting people to hit that button — it's what a politician does next.

"Yes, you want engagement and that's where it all begins, but to the extent that you can target the right audience to get the outcome, you want that's even better,'' Kevin Chan, head of public policy for Facebook Canada, told delegates at the Manning Centre's networking conference.

Targeting voters is not a new strategy for the Conservative party in particular, renowned for an approach to wooing Canadians via niche tax breaks and a highly oiled fundraising machine.

But those efforts in the past relied largely on the data the party could capture itself and social media provides an entirely new level of intelligence. The importance of technology in the upcoming election was highlighted by its dominance on the Manning Centre's agenda this year — roughly a quarter of the sessions touched on some aspect of the digital campaign. THE CANADIAN PRESS

Twitter

One company is helping conservatives in Canada with Twitter data, harvesting profiles of those with clear links to conservative ideology — identified who they follow or other markers — whose names can then be run against existing donor and other party databases in order to search for potential volunteers and donors.

Wind farms

Court slashes $340K legal bill for wind-farm foes

Four rural families who lost their fight against the construction of wind farms near their homes will have to pay a total of $67,000 to the companies they took to court.

The costs award is far less than the $340,000 the three wind companies were demanding because, as Ontario's Divisional Court ruled, the families' battle was more than a personal crusade.

Shawn Drennan, whose home near Goderich, Ont., is a short distance from a 140-turbine project, said he was pleased the ruling has cut his bill to $25,000 from more than $200,000, rennan said in a weekend interview.

"Twenty-five thousand dollars is not a small number," he said, "but it's manageable."

In a decision released late Friday, Divisional Court rejected arguments from the Drennans, Ryans, Dixons and Kroeplins that they should have to pay none of the companies' legal bills.

THE CANADIAN PRESS

China

New 10-year visas allowed by China for Canadians

The federal government has announced that Canadians will now be allowed 10-year multiple-entry visas into China.

The Department of Foreign Affairs says the new visas will ease travel and reduce costs for Canadians.

The visas are meant to benefit business people who regularly travel between the two countries, as well as tourists and Canadians visiting family members.

Travellers can now submit their requests to Chinese consulates and authorities for the new visas, which are valid for up to 10 years.

A statement from foreign affairs says China is Canada's second-largest trading partner, with two-way merchandise trade reaching almost $78 billion in 2014.

Canada's International Trade Minister Ed Fast says the goal is to make it easier for small and medium-sized Canadian companies to export and grow their businesses.

THE CANADIAN PRESS

In pictures: International Women's Day

1 Activists shout slogans during a march through the streets of the Moroccan capital, as they mark International Women's Day in Rabat, Sunday. ABDELJALIL BOUNHAR/THE ASSOCIATED PRESS

2 An activist shouts during a march towards the Malacanang Presidential in Manila, Philippines. The protesters, which were demanding the resignation of Philippine President Benigno Aquino III, accused him of neglecting women and their families. AARON FAVILA/THE ASSOCIATED PRESS

3 A woman holds up a placard with a feminist image combining a female gender symbol and a black-power fist during a women's-day march in Berlin. GETTY IMAGES

4 People march from the United Nations to Times Square in New York City. About 1,000 people gathered for the rally. MARK LENNIHAN/THE ASSOCIATED PRESS

5 An activist performs in favour of the legalization of abortion as part of International Women's Day in Sao Paulo, Brazil. NELSON ALMEIDA/AFP/GETTY IMAGES

Relatives of passengers on board the missing Malaysia Airlines Flight 370 protest near the Malaysian Embassy in Beijing on the one year anniversary, Sunday.
NG HAN GUAN/THE ASSOCIATED PRESS

Families of flight 370 victims won't give up

Malaysia Airlines. Despite an intensive yearlong search, no trace of the Boeing 777 has been found

Vowing never to give up on the desperate search for Malaysia Airlines Flight 370, family members of those aboard the plane wore symbolic T-shirts and released white balloons Sunday as they marked the anniversary of the jet's disappearance.

Gatherings were held in Kuala Lumpur, where the flight departed on March 8, 2014, and Beijing, where it was headed when it vanished with 239 people aboard. Despite an intensive yearlong search, no trace of the Boeing 777 has been found.

"My daughter asks me every day, 'Where is Daddy? Why isn't he answering his phone?'" a teary-eyed Kelly Wen from China, whose husband was on the plane, said at a gathering at a Kuala Lumpur mall to mark the anniversary.

The more than 100 people who gathered wore white T-shirts with the picture of an airplane and bearing the words "Search on," as a video tribute of the passengers and crew members was played.

About 30 family members later went on stage for speeches and a group photo.

One man dedicated a poem to his cousin Anne Daisy, who was aboard the plane. "You have been hidden from me. I don't know where to search. When will we once again meet?" Raymund Gagarin said.

Daisy's 27-year-old daughter, Grace Subathirai Nathan, then gave a speech in tribute to her mother. Nathan, who helped organize the event, said she was in London when the tragedy occurred.

"Every day is like a living nightmare. I miss my mother so much. She was to me my everything," an emotional Nathan said. "It is so important that we have some form of closure. It is so important not to give up on the people that we love."

THE ASSOCIATED PRESS

Report

Expired battery

The first comprehensive report into the disappearance of Malaysia Airlines Flight 370 revealed Sunday that the battery of the locator beacon for the plane's data recorder had expired more than a year before the jet vanished. The report came as Australian Prime Minister Tony Abbott said the hunt for the plane would not end even if the scouring of the current search area off Australia's west coast comes up empty.

Thousands crowd Alabama bridge in memory of landmark civil rights clash

Crowds take a symbolic walk across the Edmund Pettus Bridge, Sunday.
BILL FRAKES/THE ASSOCIATED PRESS

Thousands of people crowded an Alabama bridge on Sunday to commemorate a bloody confrontation 50 years ago between police and peaceful protesters that was a landmark in the civil rights movement and helped bring about the 1965 Voting Rights Act.

A day after President Barack Obama had walked atop the Edmund Pettus Bridge, people jammed shoulder-to-shoulder, many unable to move, as they recalled the civil rights struggle.

Police said at least 15,000 to 20,000 people had joined the crush on and around the small bridge. Many came from around the country for several events commemorating the event.

William Baldwin, 69, of Montgomery, Alabama, brought his two grandsons, ages 11 and 15, to the bridge Sunday so they could grasp the importance of the historic march he took part in a half-century earlier.

"They're going to take this struggle on and we have to understand the price that was paid for them to have what they have now," Baldwin said. "It wasn't granted to them, it was earned by blood, sweat and tears." THE ASSOCIATED PRESS

Arrests in the Nemtsov killing

Moscow. Russian court charges two men in the killing, keeps three jailed awaiting decision

Tamerlan Eskerkhanov, Shagid Gubashev and Khamzad Bakhaev, suspected in the killing of Boris Nemtsov, sit in a Moscow court. THE ASSOCIATED PRESS

Five men were behind bars Sunday after either being charged or suspected in the killing of Kremlin critic Boris Nemtsov, but details remained unclear in the case that has shaken Russia's marginalized and struggling opposition movement.

The five appeared in a Moscow court, where two were charged in connection with the shooting of Nemtsov as he walked across a bridge near the Kremlin on Feb. 27. The other three were remanded to jail pending the filing of charges, which Russian law says must be done within 10 days.

Russian news reports meanwhile cited unnamed sources as saying another suspect had killed himself with a grenade after police blocked his apartment on Saturday in Grozny, the capital of the republic of Chechnya. There was no official comment from Moscow on the reports, but Chechen President Ramzan Kadyrov appeared to partially confirm it Sunday.

One of the judges in the two separate hearings said suspect Zaur Dadaev had acknowledged involvement, but Dadaev did not admit guilt in the courtroom, according to state-run and independent news agencies in Russia.

The other suspect who was charged, Anzor Gubashev, denied guilt, the reports said.

The three others include Gubashev's younger brother Shagid, along with Khamzad Bakhaev and Tamerlan Eskerkhanov, state news agency Tass reported.

All five are from Chechnya or other parts of the restive North Caucasus, according to news agencies.

Their origin raises a potentially sensitive issue, given the significant animosity for Caucasus groups among ethnic Russians.

Chechnya suffered two intense wars over the past two decades between Russian forces and separatist rebels increasingly under the sway of fundamentalist Islam.

Kadyrov, the current Chechen president, has himself imposed many Islamic rules on Chechnya, including the wearing of headscarves by women, but is also a vehement loyalist of Russian President Vladimir Putin and has blamed Nemtsov's killing on Western security services.

Kadyrov is widely criticized by human-rights groups for violence against dissidents, including abducting and killing them. Dadaev, one of the suspects charged Sunday, had been an officer in the Chechen police troops.

THE ASSOCIATED PRESS

Iran's leader tries to halt health rumours

Iranian Supreme Leader Ayatollah Ali Khamenei waves while attending a meeting with a group of environmental officials and activists at his residence in Tehran on Sunday. Khamenei made the public appearance amid rumours that he had been hospitalized in critical condition. A relative dismissed the claims as gossip meant to derail ongoing nuclear talks with world powers. OFFICE OF THE IRANIAN SUPREME LEADER/THE ASSOCIATED PRESS

Nuke talks: U.S. & Iran

Obama says agreement must have verification

President Barack Obama says the United States would "walk away" from nuclear talks with Iran if there's no acceptable deal.

Obama says any agreement must allow Western powers to verify that Tehran isn't going to obtain an atomic weapon, and that if Iran "cheated," the U.S. and others would have "enough time to take action.... If we don't have that kind of deal, we're not going to take it."

THE ASSOCIATED PRESS

Ebola in Liberia

Outbreak is contained

The Liberian government has dismantled a crematorium and removed the ashes of more than 3,000 Ebola victims cremated during the epidemic.

THE ASSOCIATED PRESS

Ally urges Clinton to explain email actions

Former U.S. secretary of state Hillary Rodham Clinton should fully explain her actions involving the use of a private, non-government email account when she was the country's top diplomat, U.S. Sen. Dianne Feinstein said on Sunday, becoming the first major Democrat to urge Clinton to share more details of the private account.

Feinstein said the former first lady and New York senator "needs to step up and come out and say exactly what the situation was," adding that from "this point on, the silence is going to hurt her."

Clinton's husband, former president Bill Clinton, also avoided the controversy Sunday morning.

Asked whether his wife was treated fairly, Bill Clinton replied, "I'm not the one to judge that. I have an opinion but I have a bias.

"I shouldn't be making news on this," he said.

Hillary Clinton has been criticized for her use of the private email account and whether she complied with federal rules requiring officials to retain their communications. Clinton says that she's turned over all relevant emails — totalling 55,000 pages — to the State Department for review.

Last week, the House committee investigating the deadly 2012 attacks in Benghazi, Libya, issued subpoenas for Clinton's emails. Its chairman said Sunday, "We're not entitled to everything. I don't want everything. I just want everything related to Libya and Benghazi."

Clinton is considered the front-runner for the 2016 Democratic presidential nomination but hasn't entered the race yet. So far, a tweet has been her only comment on the email controversy. She did not address the issue Saturday night during an event in Coral Gables, Fla.

THE ASSOCIATED PRESS

Health. Consumers not at risk of mad cow: Expert

Canada's chief veterinary officer says some cattle associated with the investigation into a case of mad cow disease in Alberta were slaughtered over the last few years and entered the human food chain.

But Harpreet Kochhar said consumers are not at risk because of Canada's bovine spongiform encephalopathy (BSE) safeguards.

"There is no food-safety concern here because any of these animals would have been slaughtered and the specified risk material, which is the material which actually harbours prions, (would) have been removed completely — and that is because of the enhanced feed ban," Kochhar said, adding that if any cattle displayed symptoms they would not have been brought to a slaughterhouse.

Last week, a report posted on the World Organisation for Animal Health (OIE) website indicated that 317 cattle out of 750 associated with the BSE investigation had been slaughtered.

The numbers refer to cattle born within one year of a BSE cow's March 2009 birth. Both numbers have since been removed from the OIE website.

Kochhar said the posting was an initial draft and the slaughter number was not correct and could be "approximately right within 95 per cent confidence."

Investigators are working to confirm the total, which will be submitted to the OIE, he said.

A typical BSE investigation takes about six months before a final report can be submitted to the OIE, he said.

THE CANADIAN PRESS

'Mad cow'

BSE is a fatal and untreatable wasting disease of the brain and nervous system.

- **Cause.** BSE is caused by rogue proteins — prions — that can be spread by contaminated feed. Humans who eat infected beef can then develop the fatal disease.

NHL, Samsung Canada set to announce corporate deal

A woman grabs a picture at an NHL game. A new partnership will give Samsung smartphone users access to NHL video content not available on other devices. JULIO CORTEZ/THE ASSOCIATED PRESS

Smartphones. Exclusive league content will be featured on Samsung's mobile devices

The NHL and Samsung Canada are expected to announce that the electronics manufacturer will become an official corporate sponsor of the league. But the deal isn't just about placing logos on rink boards.

When Samsung smartphone users download the NHL app, they'll have access to videos that iPhone and BlackBerry users can't view — specifically, edited footage from the league's "Situation Room," where officials watch videos, then issue rulings on disputes.

While fans at home and at the arena will learn the outcome of the call, Samsung users will be able to view a video explaining how officials reached their decision.

The move is an attempt to find an edge in an ultra-competitive smartphone market. According to a 2013 Ipsos-Reid survey, 29 per cent of Canadian mobile phone users have Samsung devices, while 33 per cent use iPhones.

"It's become an interesting race in the mobile space. If I can create a compelling reason for you to switch off that platform to my platform, it's beneficial for us," said Paul Brannen, Samsung Canada's senior vice-president of mobile solutions.

The agreement also taps into a synergy between Samsung's desire to feature its products and the NHL's need to keep pace with shifting viewing habits. The deal will see Samsung sponsor a blog on NHL.com, but marketing experts feel exclusive content is the most important part of the partnership.

"People want to be able to stream, and it allows Samsung to truly showcase how their products can be brought to life," said Keith McIntyre, president of the KMac Group.

TORSTAR NEWS SERVICE

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VOICES

STUMBLE FORWARD, FALL BACK

Switching to daylight saving time not only brings grumpiness and grogginess from losing an hour of sleep, it's also hard on your heart

COLLINS' CAPITAL
Steve Collins

Mumble. Grumble. Good morning. As you're no doubt keenly aware, an hour evaporated from your weekend, a casualty of daylight saving time. If you're still feeling a touch jet-lagged, you're not the only one.

Some of us could even mix a little nationalist grumpiness with their grogginess, recalling that the spring time change got pushed up by three weeks a few years back because the Americans decided to do so — and we wouldn't want to fall out of step with our No. 1 trading partner, now would we?

The switch is not without its costs, whether it's that extra coffee to keep the eyelids at full mast or, at the more terrifying end of the scale, possible heart failure.

Last year, University of Michigan researchers published a paper comparing the number of local hospital admissions for heart attacks on the Monday *before* and the Monday *after* the time change — and found springing forward coincided with a 25 per cent increase in the caseload.

Pushing the time back in the fall, conversely, appears to be easier on our tickers. But according to other grim statistics crunched at Carnegie Mellon University, it leaves pedestrians three times more likely to be struck and killed by vehicles in November as everyone adjusts to the changes in time and light. The later, darker 6 p.m. stands out as a particularly deadly juncture.

We can add these cheerful prospects to the other minor malfunctions that abound on a typical Monday morning in March, independent of the chronological dither. Once you start looking, the emblems of entropy seem scattered everywhere.

On the bus, the bright yellow sticker slapped on the Presto card reader both informs you it's out of order and, marked as it is with a big black X, makes you vaguely wonder if it's somehow become a voting machine. (I mentally submitted a write-in ballot to send everyone in Ottawa somewhere sunny for two weeks. Fingers crossed.)

The dead terminal matches the couple hundred Presto cards that grew brittle and broke in the cold this winter, their owners told with an OC Transpo shrug to just buy new ones.

Ottawa's winter, and in particular winters like this one, serve as a general stress test on everything, and breakdowns here and there are only to be expected. The incidence of frozen pipes has tripled from last year, and the city last week advised that the wait for thaw-outs had grown to five days, at minimum.

We even managed to damage our mayor, his superhuman schedule of appearances picked up by the tag team of Mark Taylor and Bob Monette as he recovers from a hip-cracking snowmobile mishap.

Closer to home, the snap hook on the mutt's leash, well, snapped on Saturday night's outing, offering him a shot at liberty that he thankfully didn't take. Years of Milk-Bones and similar bribes paid off, and he waited patiently as I dropped my gloves and tied some clumsy knots.

I displayed comparable workmanship the week before with some spectacularly inelegant duct-tape plumbing on a leaky shower head.

Here's hoping that whatever your late-winter improvisations, you're managing them with greater style. Spring's coming. Indeed, it's now an extra hour closer.

Your Ottawa

Skating season melting away

Ottawa winter warriors take possibly one final skate on the Rideau Canal on Sunday. With temperatures expected to rise above 0 C this week, the ice will slowly melt away and with it the winter skating season.
JOE LOFARO/METRO

SEE YOUR SHOT HERE:
Send us high-quality snaps of your city to readers@metronews.ca

Upcoming

Famous Five to honour women at campaign helm

Canada's next general election is only months away, but this year all three political parties will see their campaigns headed by women — a first in Canadian history. The annual Famous Five luncheon will honour Jenni Byrne of the Conservative party, the NDP's Anne McGrath and Liberals' Katie Telford on Monday, March 9 at the Westin Hotel. **METRO**

Trekkies unite! Mayfair pays homage to Nimoy

Calling all Ottawa Trekkies! After living long and prospering, Leonard Nimoy died last week. The Mayfair Theatre will pay homage to Spock — the much-loved half-Vulcan, half-human — with a screening of the 1982 movie Star Trek II: The Wrath of Khan on Monday, March 9 at 8:30 p.m. at 1074 Bank St. **METRO**

Carleton marks Israeli Apartheid Week

This week marks international Israeli Apartheid Week. From March 9 to 13, Carleton University will hold workshops and discussions on various aspects of the conflict between Israelis and Palestinians. **METRO**

metro

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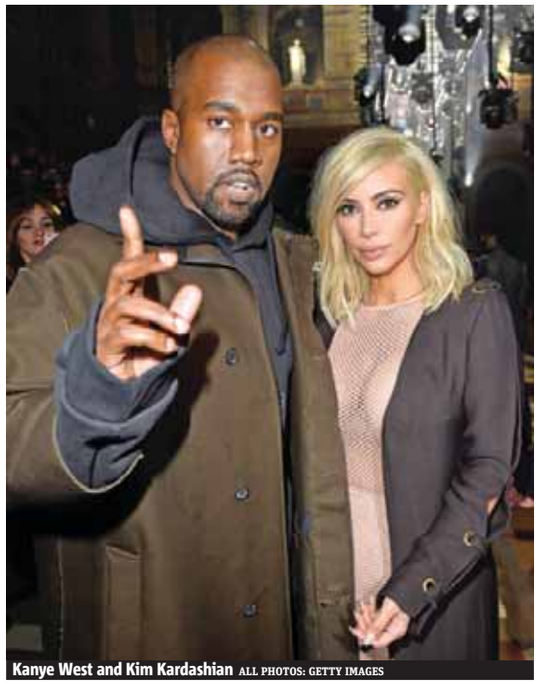
Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES



Kanye West and Kim Kardashian ALL PHOTOS: GETTY IMAGES

Air from Kanye concert blows up

Kardashian tweet: WOW he can sell anything! Lol

I'm honestly surprised it took this long for the Internet to reach this level of crazy.

One trailblazing eBay auctioneer put up a sealed plastic bag purported to contain "air from Kanye show," which sounds pretty stupid — until you find out about the nearly 100 bidders who drove the price up over $60,000 over the course of the weekend before the whole thing was scrapped by eBay.

Air from Kanye show.

But copycats haven't let that bummer ending deter them, as several similar posts have gone live, including another bag of West air — but this time infused with bay leaves — and a bag of air from a Garth Brooks concert.

You can also grab a bag of West's flatulence for the bargain "buy it now" price of five bucks.

Good luck getting a certificate of authenticity, though.

Amal to teach at Columbia

George Clooney is coming to New York this spring to film Money Monster, and his wife won't just be hanging around seeing the sights.

Amal Clooney has announced that she will be teaching a course on human rights at Columbia Law School for the upcoming semester.

"It is an honour to be invited as a visiting professor at Columbia Law School alongside such a distinguished faculty and talented student pool," she says in a statement.

"I look forward to getting to know the next generation of human rights advocates studying here."

Amal Clooney

Cate Blanchett adopts baby

A spokeswoman for the actress said Friday that Blanchett and husband Andrew Upton have adopted a baby girl. Edith Vivian Patricia Upton joins the couple's three sons, ages 6, 10 and 13. Publicist Stephanie Gonzalez said no other details will be provided. Blanchett can next be seen on the big screen in Disney's Cinderella. The 45-year-old actress won her second Academy Award last year: best actress for Blue Jasmine.

THE ASSOCIATED PRESS

Cate Blanchett

Kemper loves dark comedy Tina Fey wrote for her

Ellie Kemper as Kimmy Schmidt ERIC LIEBOWITZ/COURTESY OF NETFLIX

Most people are trying to hide one or two weird things about themselves in their day-to-day lives, but Kimmy Schmidt, the main character in the new Tina Fey Netflix show Unbreakable Kimmy Schmidt, is hiding something a bit weirder. She's just escaped a doomsday cult after 15 years, but that isn't stopping her from trying to make a go of it in New York City. And who better to play the wide-eyed innocence of someone who grew up in an underground bunker than Ellie Kemper, who's made something of a specialty of playing innocents?

Why do you think people like casting you as these innocent characters?

I have a really big face, so I think that when I smile, it's just a big smile, because it's in proportion to the rest of my face. Some of the characters I play err on the side of ditzy, but Kimmy is not a ditz. I think any lack of knowledge she has is purely from a lack of experience and not a lack of intelligence. There's a resourcefulness and a craftiness there that enables her to go through those 15 years in the bunker. You can't be a survivor unless you are smart. It reminds me of Will Ferrell's character in Elf. Everything is new and shiny to her because she hasn't been there before. But when she does say things that might seem a little clownish or goofy, it's purely from a lack of experience.

The show has a pretty dark premise. How do you balance that with the humour?

I think the subject matter is so serious and tragic and dark and needs to be dealt with very carefully. I think (co-creator Robert Carlock) and Tina did a great job of treating such a dark premise and were able to make a comedy from it. Writing is so key to that, of course, and I think that when something tragic or dark does happen, it doesn't mean you have to shy away from comedy.

LISA WEIDENFELD/METRO U.S.

Homeland. Fifth season to be set in Germany, Carrie no longer a CIA officer

Time will fly between the fourth and fifth season of the Showtime spy drama Homeland, the series' executive producer Alex Gansa said.

"We're going to take about a two-year forward jump," Gansa said Friday at the opening night of PaleyFest, the annual TV celebration at the Dolby Theatre.

On the purple carpet, Gansa said the next Homeland season will be filmed in Europe, most likely in Berlin. He said the setting would be Germany.

The fourth season of Homeland was shot in Cape Town, South Africa, which doubled for Islamabad and Kabul.

Gansa later told the PaleyFest audience that CIA officer Carrie Mathison, played by series star Claire Danes, will no longer be an intelligence officer.

Many of the Homeland crew members said the fourth season was critical to the series, given the death of the character Brody, portrayed by Damian Lewis, on the third season. So the show got a "reboot," said director Lesli Linka Glatter, referring to the fourth season's new plot direction and darker-than-ever twists.

Showtime renewed the show for a fifth season in November. PaleyFest organizers said about 20,000 fans were expected over the course of the 10-day festival. THE ASSOCIATED PRESS

Claire Danes GETTY IMAGES

Hollywood. Sean Penn refuses to apologize for his 'green card' Oscar joke

Sean Penn says he's "always surprised by flagrant stupidity," in response to the outrage over his green card joke during the Oscars . GETTY IMAGES

Sean Penn has opened up about the green card joke heard around the world. He talked about it Saturday in Beverly Hills during a promotional tour for his new film The Gunman, saying that he has "absolutely no apologies" for his comment. The actor-director also offered up choice words for those who didn't recognize the irony in his remarks.

"I'm always surprised by flagrant stupidity. I keep having more hope," said Penn of the widespread outrage that followed the moment.

On Feb. 22 at the 87th Academy Awards, Penn, tasked with presenting the best picture award, made waves when he opened the envelope and first asked "Who gave this son of a bitch his green card?" before announcing the winner as Birdman.

Directed by the Mexican-born Alejandro Inarritu, many wondered whether the joke was distasteful. The term "green card" refers to a document that confers permanent residency on immigrants in the United States.

THE ASSOCIATED PRESS

France takes Anglo angle in bid for TV supremacy

New series. With a $30-million budget and an English script, France hopes the show Versailles will capture a global audience

The story

Versailles focuses on the early years of the reign of Louis XIV — the grand and self-proclaimed "Sun King" — when he ordered the vast and vastly expensive Palace of Versailles be built to house his court away from Paris and its intrigues.

Back in the day, the prospect of a French king speaking English would have been enough to trigger a century-long war.

Not any more, as evidenced by what will be France's most-expensive TV series ever: Versailles, a period mini-series of 10 episodes that will come out at the end of this year.

The makers of the series, about the famous Palace of Versailles outside Paris and King Louis XIV who had it built, have bowed before the inescapable domination of English as the global language of entertainment.

Thus their French king, one of history's most iconic monarchs, is British. Indeed, most of the cast is British or Canadian. French performers are relegated to supporting roles or in the background.

The reason for such sacrilege in a country known for protecting its language and culture is simple: France no longer wants to sit on the sidelines of the international resurgence in television.

It has seen the revolution sweeping the small screen, with cinema-grade productions being made by new players including Netflix and Amazon, and it wants to be part of it. And that means adopting English.

It also means spending big. At $30 million (around $3 million per episode, each taking 12 days to film), Versailles is the costliest TV production put on in France.

That's the sort of cash an "American super-production" would throw at the screen, boasts George Blagden, the English actor who incarnates the 28-year-old Louis XIV.

The producers — France's Canal+, Capa Drama and Zodiak Fiction allied with Canada's Incendo — are gambling their series can win the same worldwide business generated by the British-Irish-Canadian TV hit The Tudors, or the British drama Downton Abbey.

Claude Chelli, of Capa Drama, makes no bones about it. He says the decision to film Versailles in English was "to ensure the biggest international distribution possible."

AFP

In the show Versailles, the pomp and elegance of King Louis's court will be on display in front of the actual palace, seen here. THOMAS SAMSON/AFP/GETTY IMAGES

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

We're going to Mars this week with Andy Weir's amazing eBook and on a trip to Disneyland with a fun camera app.

Video game

Name. ScreamRide

For. Xbox 360/Xbox One

Rated. Everyone 10+

Getting a roller coaster to perform skateboard tricks is fun. You want to feel like you're in the hands of a maniac and the only way you get that is by downloading custom levels made by other players willing to ignore the rules.

App

Disney Side

iPhone/iPad
Free

Become your favourite Star Wars or Disneyland character with this face-tracking camera app that can adjust for eyeglasses and facial hair with impressive ease, creating both photo and video selfies.

Ebooks

The Martian

By. Andy Weir

Kindle/iBooks/Kobo

Stranded on Mars, astronaut Mark Watney can't stop laughing. His life expectancy is dire, his isolation is bleak, yet he perseveres in this well-researched survival thriller.

LIFE 3

Stop making debt excuses

Money management. It's easy to find reasons why you're not digging yourself out of a financial hole, but you need to face reality

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Every time I think I've heard it all, someone pops up with a new way to excuse the fact that they're up to their eyeballs in debt. While the most recent research says that people are slowing their consumption of debt, and we should all feel good about that, I hear from a lot of people that haven't yet got the message. They're still saying things like this:

"We got a consolidation loan and paid off our credit cards." Really, you paid off your debt with other debt? That is not paid off, my little chickadee.

Consolidation makes sense when you lower your interest costs and then work aggressively to repay the debt. But if you're sitting back smugly because you've found a less expensive way to go broke, give your head a shake.

"Everybody's in debt, so what's the big deal?" And if everyone were running naked down the highway you'd do that, too? There's no question that debt has become so pervasive that it seems like everyone's in it.

And if you grew up in a family that had it all, including the debt, you may think this is "normal." It's not! You can make the choice to remain a money moron, or you can choose financial stability.

"I don't have time to budget." Really, your most important resource and you don't have the time to manage it? Could it be that your priorities are a little skewed? Did you know that men spend about 3.5 hours and women 2.75 hours every day watching TV?

Hey, you only need to reallocate a measly half-hour each week to money management to go from being a financial slug to not.

"My partner is the problem." I've met couples where one person is the major culprit. The other person stands meekly by as Mr. or Mrs. I-have-to-have-everything charges them into a debt hole. They shrug and claim to have no ability to change their partner's behaviour.

Here's my big question: Is this the way you're going to live the rest of your life, walking a tightrope, waiting for the axe to fall? And if you have children, do you think this is creating any sense of security?

These are the same people who turn around and use their debt as the excuse for why they're not stashing away some money for the future. Even those who think they're working hard at paying down their debt are often doing little more than throwing money at their debt. They've never taken the time to figure out how much goes to interest and how much is actually paying down the balance.

If you're serious about getting out of debt, you're not just looking at the minimum payment to keep your credit score nice and shiny. You've set a deadline and done the math to meet that deadline.

Know that if you extend the amount of time you take to pay off the debt, you'll end up paying far more in interest.

Debt-free in three steps

Here is a step-by-step guide to get out of a single debt. You must do this for every consumer debt you have.

1. Take your credit card balance, multiply by the interest rate, and divide by 12. That's the monthly interest you're paying to carry that debt. So if you're $13,500 is costing you 18.9 per cent in interest, it's costing you 13500 x 18.9 ÷ 100 ÷12 = $212.62 a month in interest.

2. Take the balance and divide by the number of months in which you want to be out of debt. So if your balance is $13,500 and you want to be out of debt in 24 months, it'd be $13,500 ÷ 24. That'll give you your monthly principal repayment of $562.50.

3. Add the two together to get your monthly payment. $212.62+562.50 = $775.12. If the payment seems to be bigger than you can manage, you have two options:

a) You can extend the number of months for the principal repayment calculation.

b) You can make more money.

Sometimes in relationships, there's a Mr. I-have-to-have-everything whose spending habits don't allow the couple to pay down debt. ISTOCK

Morning News
MONDAY to FRIDAY 5am-10am
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News. Talk. Sports.

Wrap fish in a flavourful crust

Dinner. Mushrooms and almonds make a crispy topping for Tilapia

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

This recipe serves four. ROSE REISMAN

A mild white fish like Tilapia goes well with a flavourful topping.

This sautéed mushroom and almond crust is the perfect match.

You can use any mushroom you like, but my favourites are either oyster or brown mushrooms.

Be sure to sauté them long enough to eliminate excess moisture.

Use any nut of your choice, such as pecans or even pistachios for colour.

A hot oven of 425 F will ensure a crisper topping.

Tilapia is available all year long either fresh or frozen. You can substitute with grouper, halibut, haddock or basa.

Directions

1. Preheat oven to 425 F.

2. Line a baking sheet with foil sprayed with vegetable oil.

3. In large skillet, add oil and sauté mushrooms, garlic, salt and pepper for 5 to 8 minutes or until cooked and moisture has evaporated.

4. Place in the bowl of food processor, along with almonds, parsley and juice.

5. Pulse just until well mixed.

6. Spread Dijon thinly over top of fish.

7. Pat mushroom mixture over top of fish and bake for 10 minutes per inch of thickness.

8. Garnish with parsley and lemon wedges.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 2 tsp vegetable oil
- 2 cups chopped wild mushrooms
- 1 1/2 tsp minced garlic
- Salt and pepper
- 1/2 cup sliced almonds
- 2 tbsp chopped parsley
- 1 tbsp lemon juice
- 1 tbsp Dijon mustard
- 1 1/2 lb tilapia or other white firm fish

Garnish

- Chopped parsley
- 4 lemon wedges

Dining out. Toque! named Canada's best restaurant

Montreal restaurant Toque! has topped a list of the country's 100 best restaurants.

Hawksworth Restaurant at the Rosewood Hotel Georgia in Vancouver is No. 2 on the list, which was compiled by the new magazine Canada's 100 Best Restaurants.

Toronto's Buca, Raymonds in St. John's, N.L., and Splendido in Toronto round out the top five.

Seventy of the nation's chefs, gourmets and industry leaders were asked to submit a list, in order of preference, of what they believed to be the best restaurants. No judge could vote for a restaurant they owned, worked for, have a financial interest in, or consult for.

"Next year's results in the 2016 issue will show which of them is getting better, who is slipping — and what new talent is giving the old guard a run," says Jacob Richler, editor-in-chief of the magazine.

Chef and owner Normand Laprise at Montreal's Toque!. CONTRIBUTED

Some of the top picks in the magazine include recipes so home cooks can try replicating the signature dishes.

For the complete list visit canadas100best.com. The magazine hits newsstands March 20. THE CANADIAN PRESS

Veggie-rich pea soup a hearty meal

A hearty split pea and rice soup can be a meal in itself. With all the vegetables needed, you won't even need a side salad!

The green peas and brown rice give you a complete protein nutritionally so this is a perfect dish for vegetarians.

Directions

1. In a nonstick saucepan sprayed with vegetable spray, heat the oil over medium heat. Add the garlic and onions. Cook for 4 minutes or until softened.

2. Stir in the stock, potatoes, split peas, rice, bay leaves, basil and oregano. Bring to a boil, reduce the heat to medium-low, cover and cook for 20 - 25 minutes or until the peas and rice are tender.

3. Stir in the green beans, tomatoes, salt and pepper. Cook, covered, for 5 minutes or until the green beans are tender-crisp. Garnish with Parmesan.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 1 tsp vegetable oil
- 1 1/2 tsp minced garlic
- 3/4 cup chopped onions
- 6 cups vegetable or chicken stock
- 1 cup diced sweet potatoes
- 1/2 cup dried green split peas
- 1/3 cup brown rice
- 2 bay leaves
- 2 tsp dried basil
- 1 1/2 tsp dried oregano
- 1 1/2 cups green beans cut in 1-inch pieces
- 1 cup diced plum tomatoes
- 1/4 tsp salt
- 1/4 tsp freshly ground black pepper

Garnish

1/4 cup grated Parmesan cheese

This recipe serves eight. ROSE REISMAN

Advice

I'm losing my loonies at lunch hour

OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear Metro,
I spend about $50-75 per week buying lunch at various restaurants near my office. It's a huge waste of money, but I hate cooking and have no foresight when it comes to planning meals. I know I'll never manage to bring my lunch every single day, but I'd like to cut my spending in half. Any tips?
—Friends & Rivals

Dear F&R,
There are lots of lunch-packing strategies that don't involve an oven or a wooden spoon. You may, however, have to visit a grocery store. Don't start with a three-course feast. Simple sandwiches—basic bologna, classic PB&J—are an easy way to integrate home-assembled specialties into your takeout routine. The ingredients cost as much as one bento box, but will last several lunches.

And you know that strange room where your co-workers always go? That's your office kitchen. Use it! During your Monday lunch hour, grab salad fixings at a nearby market, then store them in the fridge for use throughout the week. Or stock one drawer of your desk with canned soup. Despite your culinary aversion, consider mastering a few big-yield staples. Chili and stir-fry are not only easy to make, they also taste better the next day.

Dear Metro,
I work at a digital agency where we're constantly pitching new campaign ideas. Although I work hard to come up with fun concepts, my boss nixes everything I suggest. I've tried big ideas, conservative ideas, super-wacky ideas—nothing gets the thumbs-up. I'm starting to think it's personal! How can I break past this creative roadblock?
— Quit Ignoring Meeee

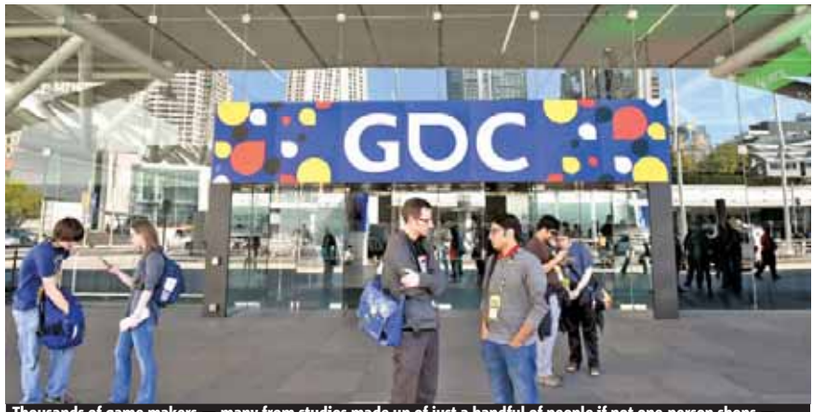
Dear QIM,
Your ideas may be fun—but are they good? Before retaliating, do some self-evaluating.

Maybe your big ideas weren't feasible within budget. Maybe your fun ideas didn't quite capture the client's brand. And your wacky ideas might just be off the mark. The first step to being heard: delivering pitches worth a listen. Still getting nowhere? Get to know your boss. Pay attention to the ideas that do move forward, taking note of what they have that yours don't. Rather than fixating on a suspected personal vendetta, focus on your own personal growth. Tell your superior that you want to improve your performance, and ask for guidance. If they seem opposed to the entire concept of your success, consider a new idea: finding a different job.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

Video game makers take it to the next level on their own

Work. Independent studios boldly taking on blockbusters in an evolving gaming world



Thousands of game makers — many from studios made up of just a handful of people if not one-person shops — attended the Game Developers Conference in San Francisco last week to share insights and hone their craft. AFP PHOTO

"This is the largest family reunion of game developers in the year," International Game Developers Association chief executive Kate Edwards told AFP at the Game Developers Conference in San Francisco last week.

Veterans from big-name studios behind Triple A console games were in the crowd and headlining sessions, but independent game makers were being touted as the people shaking up the industry with creative new approaches to play.

"Indie game makers are basically democratizing game development," Edwards said.

"It is one of the most exciting things we have seen in this industry in a long time; I think it is a form of revolution."

At the heart of the revolution is the fact that tools for making video games are ubiquitous and often free, meaning people can take a shot at it the same way they could get pencil and paper to try writing a book, according to Edwards.

Distribution of independent games is equally accessible through online services such as Steam or Apple's App Store or Google Play which stock shelves with digital games for play on smartphones or tablets.

Risk takers

Game developer Jenna Hoffstein founded Little Worlds Interactive studio in Boston, where she is a member of a collective of indies.

She works solo, farming some work out to contractors while producing games. Her latest title, Counting Kingdom, has won raves for combining education with fun.

Titles being developed by others in the collective include a rhythm game that casts a player as a monkey trying to save the rainforest, and Robot Roller Derby Disco Dodge Ball, which Hoffstein said was pretty much what the name suggested.

Independent studios tend to take a lot more creative risk than big operations behind Triple A titles, perhaps because launching a dud of a game could cost hundreds of workers their jobs along with losing millions of dollars in production costs, those interviewed by AFP reasoned.

"The indie scene is really this proliferation of interesting, unique, possibly total-failure ideas," Hoffstein said. "Because the independent is only risking their own salary, we have these zany, unique, off-the-wall ideas."

Examples include mobile puzzle game Monument Valley, influenced by minimalist sculpture and challenges players with optical illusions.

Console kings court indies

Powerhouse video-game console makers Sony and Microsoft have both been reaching out to independent game makers, enticing them to play on PlayStation 4 and Xbox One, respectively.

"When the new consoles came out it, was a clear sign from the biggest players in the industry that some of the best innovation right now in terms of game content is coming from indies," Edwards said.

"Big publishers want to be part of that — to get that really cool content."

Independent games broaden diversity of console play, providing lighter options to big-budget blockbusters such as Skyrim, Halo, and Destiny.

"There will always be someone who wants that really huge, massive game; it is like going to see a film in IMAX 3D," said Edwards.

"But, then there are going to be people perfectly happy playing a game on their phone. There is room for all of them." AFP

Quoted

"Indie game makers are basically democratizing game development. It is one of the most exciting things we have seen in this industry in a long time."

Kate Edwards
International Game Developers Association chief executive

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A slam dunk for gender equality

Workplace. Facebook's Sheryl Sandberg enlists NBA stars to persuade more men to support women's rights

Sandberg has enlisted NBA stars LeBron James, Stephen Curry and some of the basketball league's other top players to convince more men to join the fight for women's rights at home and at work. RICHARD DREW / THE ASSOCIATED PRESS

Women in tech

- Women hold just 15 to 20 per cent of the technology jobs at Google, Apple, Facebook and Yahoo, according to company disclosures made during the past nine months.

Facebook executive Sheryl Sandberg has enlisted NBA stars LeBron James, Stephen Curry and some of the basketball league's other top players to convince more men to join the fight for women's rights at home and at work.

The players will deliver the message in public service announcements aired during NBA games on major TV networks over the next few months.

Sandberg is hoping to persuade men that they will be better off financially and emotionally if they take more responsibility for housework and child care, while also backing equal rights for women at work.

"Gender equality doesn't just benefit women, it benefits men in lots of ways," Sandberg said in an interview with The Associated Press. Among other things, she believes most women are likely to have sex with their husbands or partners more frequently when they get more help at home — a phenomenon she has branded as "choreplay."

The clips featuring the basketball stars are part of a partnership between the NBA and LeanIn.org, a nonprofit group Sandberg started two years ago with the publication of a bestselling book advising women on the steps they should take to ensure they get the same opportunities as men traditionally have.

The book, Lean In: Women, Work, and the Will to Lead, also urged men to do more to support the women and girls in their lives.

Sandberg, Facebook's second-highest ranking executive behind CEO Mark Zuckerberg, is counting on the NBA's appeal to connect with millions of sports-loving men who haven't read her book.

LeanIn.org is providing men with tips on how to help in brochures that will be available online as part of the campaign with the NBA.

Facebook is among a long list of major Silicon Valley companies with a dearth of women in engineering and other technical positions, where the best-paying jobs are found.

"Certainly technology has an uphill battle to fight, but no industry has gotten to where it should be," Sandberg said. "The only way anything really changes in society is when we have everyone in society pulling together."

Several technology companies, including Facebook, Google, Yahoo and Microsoft are backing a campaign that will be punctuated with #LeanInTogether.

The National Basketball Association has been running a separate league for women for nearly 20 years. Several WNBA players, including All-Stars Sue Bird and Skylar Diggins, appear in the public service announcement that also features the Golden State Warriors' Curry and the Cleveland Cavaliers' James, the players who got the most votes in the fan balloting for last month's NBA All-Star game.

The union representing the NBA players also elected a woman, Michele Roberts, as its executive director last year. Meanwhile, the San Antonio Spurs hired woman, former WNBA star Becky Hammon, as an assistant coach at the start of this season.

"The NBA is committed to creating a work environment that expects — and benefits from —gender equality," NBA Commissioner Adam Silver said.

THE ASSOCIATED PRESS

Quoted

"The only way anything really changes in society is when we have everyone in society pulling together."

Sheryl Sandberg
Chief operating officer of Facebook

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A sick timeline. Influenza's greatest hits

JACQUELINE KOVACS
For Metro

If you have been felled by this year's flu, it may be a small comfort to know that this nasty, mutating virus has been around for at least 2,000 years, even if folks didn't label it quite correctly.

Here is a look at influenza's greatest hits over the centuries.

4th century BC: Hippocrates, the father of modern medicine, doesn't name the virus, but notes the symptoms. It's a tricky illness to identify since many of its miserable symptoms are found in other ailments.

1493: A sickness that looks a lot like the flu wipes out most of the indigenous people in the Antilles, shortly after world explorer Christopher Columbus arrives.

1580: The flu breaks out in Russia and spreads to Europe via Africa. Spain loses almost entire cities to the virus, and it kills more than 8,000 people in Rome.

1918: The Spanish flu, one of the worst and most infamous flu pandemics, strikes and takes the lives of between 50 million and 100 million people.

1957: Thought to have originated in China, Asian flu wipes out about two million people, according to the World Health Organization.

1968: Hong Kong flu kills about one million people globally. It then returns in 1969, 1970 and 1972.

1977: Russian flu appears in Northern China and is similar to the Asian flu of 1957. Because of its similarity, those who had survived the earlier Asian flu tend to have immunities.

2002 and 2003: New strains of flu appear, including H5N1, H7N7 and H10MN7.

2005-2009: Humans infected with H5N1 appear in such places as China, Eastern Turkey, Iraq, Egypt, Indonesia, Pakistan, Nigeria, Vietnam and Bangladesh.

2009: H1N1, a flu originating in swine, is declared a pandemic by the WHO. It's the same strain that caused the Spanish flu in 1918.

The flu virus has been causing havoc around the world for at least 2,000 years. SHUTTERSTOCK

Avoiding the virus

- How can you avoid the flu? A healthy lifestyle, including a well-balanced diet, plenty of sleep, good hygiene — especially frequent handwashing — and staying well hydrated can go a long way. A flu vaccine can help you go the distance. Sure, some years they may be only 50 per cent effective, but as the medical community points out, that's a 50 per cent better chance that you may not catch the virus.

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4 SPORTS

Race walking

Diniz sets new world record

European champion Yohann Diniz set a world record in the 20-kilometre race walk at the French championships on Sunday.

The 37-year-old Diniz clocked a time of 1 hour, 17 minutes, 2 seconds — beating the previous mark by 14 seconds.

Diniz's latest exploit comes nine months after he broke the 50-kilometre world record at last year's Euros in Zurich.

He went through the 15K mark in 58:00, just off world-record pace, and then sped up to cover the last five-kilometre section in a little more than 19 minutes.

THE ASSOCIATED PRESS

College hoops

Basketbrawl

A day after a bench-clearing fight ended the Southwestern Athletic Conference women's basketball regular-season title game in a double forfeit, the conference was reviewing the incident.

With 12:36 left in the game Saturday, a fight broke out between Southern and Texas Southern. Southern was leading 51-49 at the time. Texas Southern's Miracle Davis had just drawn a charge underneath the basket.

It was the second incident involving Southern this season. In a game against Alabama A&M on Feb. 21, three players were ejected early in the second half for fighting.

THE ASSOCIATED PRESS

Blue Jays starting pitcher Aaron Sanchez throws a pitch against the Pirates in Dunedin, Fla., on Sunday. NATHAN DENETTE/THE CANADIAN PRESS

Sanchez is back to his stingy self

MLB. Young pitcher blanks Pirates for three innings in Jays' loss

On Sunday

Pirates	Blue Jays
1	0

Toronto right-hander Aaron Sanchez was back to his stingy self Sunday, rebounding from a shaky spring debut to throw three scoreless innings against the Pittsburgh Pirates.

"I felt good out there," said the 22-year-old Sanchez, whose 41-pitch effort was perfect other than a walk. "Obviously my first start, it is what it is ... so to get back out there and get my feet wet, and then go out there and do what I did today is just something to build off."

The Pirates pitchers were just as good, with seven of them combining for a 1-0 victory on a sunny 22-degree day at Florida Auto Exchange Stadium.

Pittsburgh outhit Toronto 6-3, with two of those hits coming in a ninth inning that saw Ryan Goins hit into a double play.

Sanchez is competing for the role of fifth starter but could well be headed back to the role of closer in his second major-league season. With Daniel Norris and Marco Estrada, Toronto has other options to join R.A. Dickey, Mark Buehrle, Marcus Stroman and Drew Hutchison in the rotation.

There is no obvious alternate at closer. Brett Cecil has put his hand up for the job and could see some action there, but manager John Gibbons seems to want Cecil as a left-handed option to extinguish fires earlier in the game.

Cecil is currently on the shelf with an inflamed shoulder but is expected to resume throwing next week.

THE CANADIAN PRESS

Harvick takes checkered flag in Las Vegas

Kevin Harvick celebrates winning the NASCAR Sprint Cup Series Kobalt 400 on Sunday in Las Vegas. ROBERT LABERGE/GETTY IMAGES

Defending NASCAR champion Kevin Harvick raced to his first victory of the season Sunday at Las Vegas Motor Speedway.

The win came in just the third race of the season, and Harvick has been inching toward victory lane since he began his title defence. He finished second in the season-opening Daytona 500, was second last week at Atlanta and, dating back to last season, has six consecutive top-two finishes. He also has won three of the last six races dating to last season.

Leader of the pack

142

Harvick led 142 of the 267 laps, and he beat Martin Truex Jr. to the finish.

Harvick isn't looking too far ahead, though.

"We just have to keep our heads down and keep doing everything that we've been doing," he said. "This isn't a bunch of guys that are just going to go out and brag. We're going to race every week like we have never won a race before. That's the kind of determination that you need when you are going to do this stuff."

Harvick now has a win that gives him a near-certain berth in the Chase for the Sprint Cup championship, where he'd be guaranteed a shot to defend his title. "It feels pretty good. I'm pretty excited about it," Harvick said. "This whole Chase thing, there is a lot of strategy to get in to it. The best strategy is to go out and win races." THE ASSOCIATED PRESS

La Liga

Messi hat trick boosts Barca's to win, league lead

Lionel Messi scored a hat trick to help Barcelona rout Rayo Vallecano 6-1 at home and take the lead of the Spanish league on Sunday.

Barcelona capitalized on Real Madrid's latest slip to move one point ahead with the fierce rivals set to meet at Camp Nou in two weeks. THE ASSOCIATED PRESS

Lionel Messi GETTY IMAGES

FA Cup

Liverpool's attack goes limp in draw with Blackburn

Liverpool was held 0-0 by second-tier Blackburn in the FA Cup quarter-finals as the Premier League's in-form team lost its attacking sparkle at Anfield on Sunday.

Blackburn came close to causing a huge shock, dominating parts of the first half after an eight-minute delay early in the game following an injury to Liverpool defender Martin Skrtel in an aerial challenge. Skrtel was wearing a neck brace as he was carried off on a stretcher but Liverpool manager Brendan Rodgers said the centre back was "fine."

Aston Villa beat West Bromwich Albion 2-0 and is the only team through to the semifinals. THE ASSOCIATED PRESS

NFL

McCoy cashes in with Buffalo Bills

Five days after the Philadelphia Eagles agreed to trade LeSean McCoy, the star running back agreed on a newly restructured five-year, $40-million contract with the Buffalo Bills.

Both deals will take effect on Tuesday. THE ASSOCIATED PRESS

NFL

CJ2K shot in stopped vehicle

New York Jets running back Chris Johnson and another passenger were shot in their shoulders while stopped at a traffic light in Orlando overnight, and the driver of the vehicle they were in was killed. THE ASSOCIATED PRESS

Bruins' special teams clip Wings

NHL. Boston produces 2 short-handed goals, 2 power-play goals

Boston coach Claude Julien believes his team showed what it can do when it's pushed into a tough spot. That added desire helped them come through a two-day test with consecutive victories.

Daniel Paille scored twice, including once short-handed, and Brad Marchand also had a short-handed goal to lift the Bruins to a 5-3 win over the Detroit Red Wings on Sunday, less than 24 hours after an emotional comeback victory.

"Yeah, it does," Julien said. "I think I'm sensing, when we say some urgency, I guess since we've turned the page on trades and all that stuff, it's: 'This is our group here and this is what we're going to go with.' They seem really close-knit and determined at the same time. I see a real strong focus right now."

Playing a day after rallying for the victory over Philadelphia on Saturday, the Bruins jumped to a 4-1 lead before hanging on in the third.

"We were expecting they were going to come with a push there," said Boston backup goalie Niklas Svedberg, who made 15 of his 36 saves in the final period.

"I think we stood up good," he said. "It was a big win for us."

Boston, clinging to the Eastern Conference's eighth and final playoff spot, improved to 5-1-1 in its last seven games.

"Hopefully we can gain some momentum off the last couple of wins," defenceman Dennis Seidenberg said.

David Pastrnak and Loui Eriksson each had a power-play goal for Boston. Bruins top goalie Tuukka Rask got the day off after playing 21 of 22 games.

Luke Glendening, Gustav Nyquist and Marek Zidlicky scored for the Red Wings, who have two straight regulation losses for the first time this season.

"Sloppy from the beginning, too many turnovers from our side in the first period," Red Wings captain Henrik Zetterberg said. "I think in the second period we played good, we created a lot of good chances, unfortunately they scored the goals."

Detroit defenceman Stephen Weiss had the puck stolen from him twice, leading to both short-handed goals. Jonas Gustavsson stopped 19 shots before being lifted for Jimmy Howard after two periods. THE ASSOCIATED PRESS

Around the league

Adam Henrique scored two goals and Keith Kinkaid had 25 saves in his return to the lineup to lead the New Jersey Devils to a 5-2 victory over the Philadelphia Flyers.

- Elias Lindholm had three goals and two assists, Jeff Skinner scored twice and Carolina rallied from three goals down to beat the Edmonton Oilers 7-4. THE ASSOCIATED PRESS

Sens continue late charge for playoffs

The Senators' Mark Stone checks Josh Jooris of the Flames at Canadian Tire Centre on Sunday night. The Senators started the day five points behind the Bruins for the final playoff spot in the Eastern Conference. For the result, go to metronews.ca. JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

Johnson wastes little time earning win after hiatus

Dustin Johnson won for the ninth time in his PGA Tour career on Sunday. MIKE EHRMANN/GETTY IMAGES

A month after he returned from his curious leave of absence, Dustin Johnson was posing with another big trophy.

In a power show Sunday on the Blue Monster, Johnson was flawless on the back nine and blasted two big drives to finish off a 3-under 69 and win the Cadillac Championship for his second World Golf Championship title.

Johnson took advantage of a collapse by J.B. Holmes, who lost a five-shot lead and closed with a 75 to finish one shot behind. Masters champion Bubba Watson opened with four birdies in seven holes to lead by two shots, only to make three bogeys in a four-hole stretch on the back nine. He shot 71 and finished two behind.

Johnson won for the ninth time in his PGA Tour career and moved to No. 6 in the world.

Johnson returned just five weeks ago from a six-month leave of absence to seek professional help for what he described only as personal challenge. Golf.com reported in August that Johnson had failed a cocaine test for the second time, and that he previously was suspended in 2012 under similar circumstances.

Johnson only said, "No," when asked if he failed a drug test in an interview before his return.

The swagger was back at Trump National Doral, especially on the finishing holes. But when he tapped in for par, it was clear this victory meant more than the others. He walked off with fiancée Paulina Gretzky and their son, Tatum, who was born in January. THE ASSOCIATED PRESS

Quoted

"I knew there was something I was missing that could make me great. I was working hard on that, and I think it's showing right now." Dustin Johnson

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You don't have to wait until later this month to plan what you are going to do. Start now. The more you look ahead the more successful you will be.

♉ Taurus
April 21 - May 21
Don't take someone's negative remarks to heart because either they don't mean what they say or they don't realize how offensive it sounds to you.

♊ Gemini
May 22 - June 21
It may seem as if the world is falling apart but it really isn't that bad, and what is bad is part of a larger plan.

♋ Cancer
June 22 - July 23
One of the most challenging times of the year will begin when the Sun changes signs on the 20th but between now and then there are plenty of things you can do to make life easier for yourself.

♌ Leo
July 24 - Aug. 23
Make an effort to talk over your problems, especially your money problems, with someone who can not only lend a sympathetic ear but can help you with practical advice.

♍ Virgo
Aug. 24 - Sept. 23
You have been playing a number of roles in recent weeks but you need to remember that they are make believe and not reality.

♎ Libra
Sept. 24 - Oct. 23
Look for ways to co-operate with colleagues and people in positions of power. You have wasted enough time and energy trying to outdo each other.

♏ Scorpio
Oct. 24 - Nov. 22
According to the planets you have become too set in your ways of late — yes, even more so than usual — and now you must loosen up a little and let other possibilities into your life.

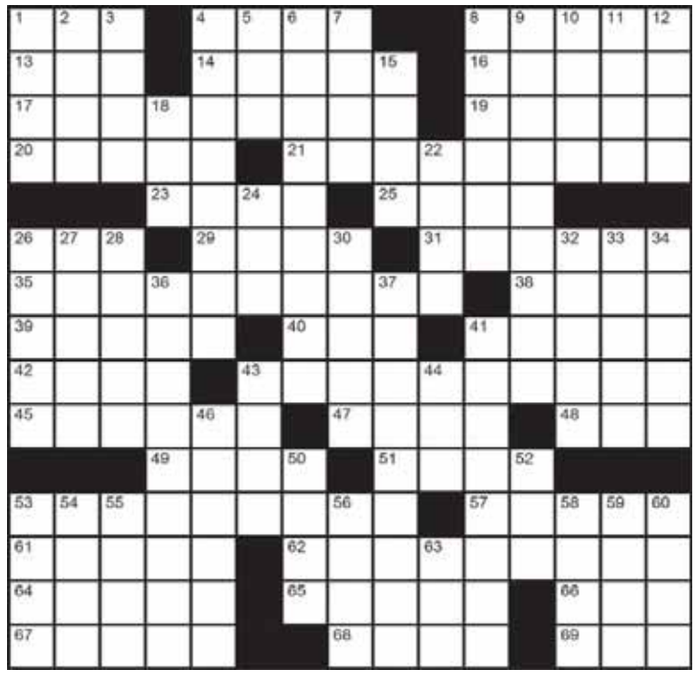
♐ Sagittarius
Nov. 23 - Dec. 21
Focus on what really matters. It may be hard for someone like you who is so easily bored to concentrate on just one thing.

♑ Capricorn
Dec. 22 - Jan. 20
Looking around at the world you might come to the conclusion that the times are not as good as they should be. So how can you make them better?

♒ Aquarius
Jan. 21 - Feb. 19
Your mind will have to work hard this week, so don't do anything too strenuous physically.

♓ Pisces
Feb. 20 - March 20
What you own and what you earn is on your mind constantly at the moment but don't worry yourself sick about it. There are more important things in life than dollars and cents, so keep a sense of perspective.

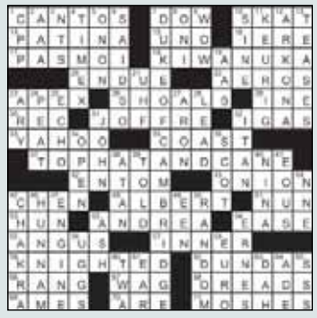
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Vintner's 'dry'
4. Howard Stern's producer 'Mr. Booey'
8. Comic actor Mr. Shore
13. Clearasil rival, __ 5
14. "_ __ Life" (1998)
16. Prefix pertaining to blood vessels
17. Animated comedy on FOX: 2 wds.
19. Opera soprano Beverly
20. Rectify
21. Vancouver Island town, 'Heritage by the Sea'
23. "_, __ is me!"
25. Palm starch
26. Back then
29. Bus. name abbreviations
31. 6/49 and Max
35. Big park in Montreal: 2 mots
38. Suffix meaning 'collection'
39. Seizes
40. Melissa of movies
41. Marlon Brando's "Superman" (1978) role
42. Water bird
43. Archie: Riverdale High professor
45. 50th Anniversary! Song from "The Sound of Music" (1965)
47. Pipsqueak pup
48. Sample
49. Archeological site of western Iran
51. __ Alberni, BC
53. Words stamped on a spy's dossier
57. Mirage vision
61. Mrs. '__ Goes to Paris (Paul Gallico novel)
62. Place to check outerwear
64. Bar chair
65. Man, in Montreal
66. Skater Midori
67. 'Sleep'-meaning prefix
68. 'Kind' suffix
69. Don't keep up

Down
1. Chesterfield
2. Test
3. Flower cluster
4. Pianos of this brand
5. 'Lull' ending
6. Taps, for one: 2 wds.
7. Water: Spanish
8. Turn a particular Monopoly corner: 2 wds.
9. Band performing the song at #36-Down
10. Fancy fruit
11. Lively tune
12. Mr. Shmenge ("SCTV" character)
15. Late guitarist Mr. Barrett's
18. Ancient veil-giver
22. Ivy League school
24. Man. neighbour
26. Chilly
27. Legendary Greta
28. Breath __ __ (It's nice when it's fresh)
30. Historic French title of respect
32. Predictions pack
33. __ __ the other (Not both)
34. Chips, often
36. "FashionTelevision" theme tune
37. Song by Canadian singer Kandle: 4 wds.
41. Canoeist's keeping-straight paddling moves
43. Financial-related, briefly
44. Antacid brand
46. Morning mixture
50. Architectural shape
52. Road surface
53. Itar-__ (Russian news agency)
54. A conjunction/A preposition... Together here.
55. Graduation ball
56. Mr. Musk
58. Earth
59. Bit
60. City haze
63. Morning hrs.

Yesterday's Crossword

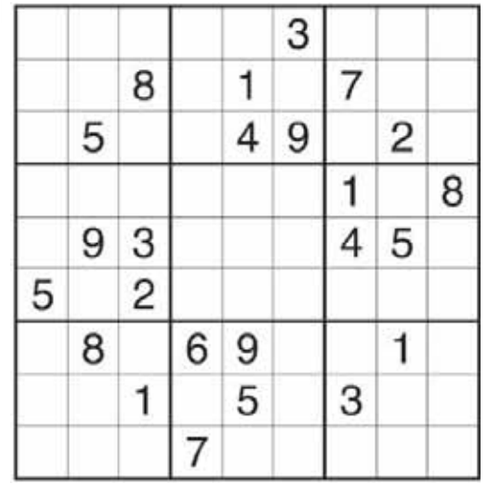


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

6	1	8	5	4	3	9	2	7
5	7	2	6	8	9	3	1	4
9	3	4	2	7	1	5	6	8
4	2	6	3	1	8	7	5	9
3	5	1	9	6	7	8	4	2
7	8	9	4	2	5	1	3	6
1	4	5	8	9	2	6	7	3
8	6	3	7	5	4	2	9	1
2	9	7	1	3	6	4	8	5

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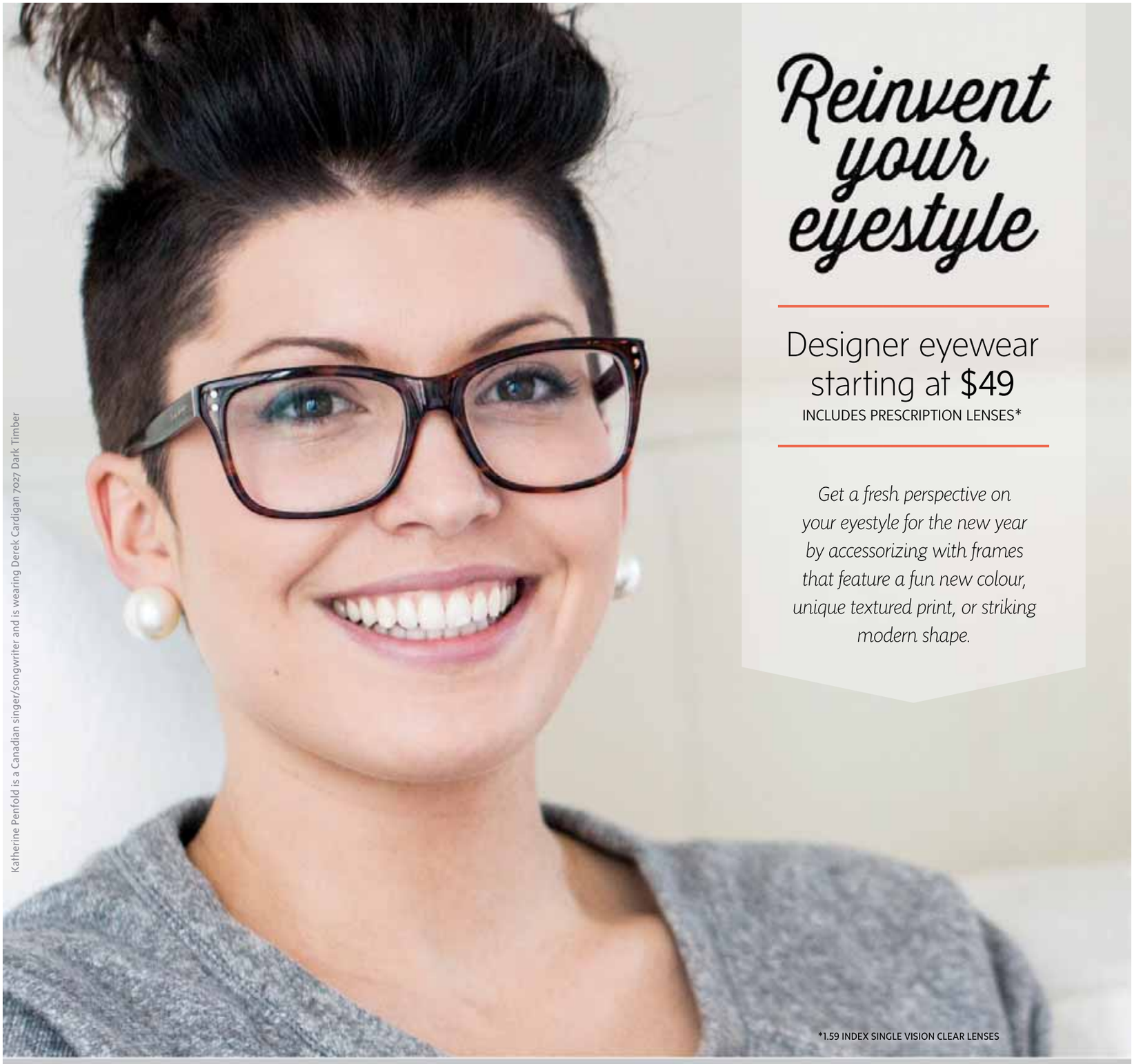

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